Article Review

Myers-Briggs Typology and Jungian Individuation

Steve Myers, Journal of analytical psychology, 2016, vol. 61, 3, 289-308

The article written by Dr. Steve Myers and published on Journal of Analytical Psychology in vol. 61 (2016), can easily be located in the field of analytical psychology. The Myers-Briggs' methodology used to study psychological typology, is the basic theory used for MBTI and similar questionnaire, inspired by Jung's analytical theory. The Myers-Briggs' theory is explained like a kind of analysis for psychological type by Carl Gustav Jung (Psychological Types, 1921), but the article tries to offer a complete view of jungian individuation process. The article showed the need to increase the classical theory of psychological type and the individuation theory. The Myers-Briggs’ approach is often read in a reducing way instead of correct way, and it’s often used only to improve the personal knowledge, instead of suggesting how the subject can get in contact with his own Self; it’s important to the innate individuation process. This article suggests some challenges for integration of different theory’s parts, in particular reference about a "normal" context and not just to a pathological context. The article furthermore proposes eight values that derive from both jungian and post Jungian contributions; they showed how the individuation process is important for a good life, also outside the analytical context.
The article mentions other authors: Von Franz (1971/1986), Meir (1995), Beebe (2006) that agree, even if not completely with Jung’s theory. These authors agree about a differentiation and integration sequence of typological function; they started by differentiation of dominant function to find later the auxiliary function and others. In their opinion there are other unconscious subjects, not typological, that must be considered and integrated: the archetypes.

The Myers-Briggs' theory also suggests a mediation between the Jungian position and authors' positions; in this way to arrive to balance between the deep subconscious’ research and the subject’s transformation during individuation process.

The Myers-Briggs' point of view, brings the attention on the importance of identification with own psychological type and also on identification process, both belonging to Jung’s theory. The knowledge of own psychological type is useful to improve the knowledge of individual about the own characteristics and psychic functions, even to improve the health and quality of life. In virtues of this knowledge about the own psychological type, it's helpful to use the Myers-Briggs' theory to improve the information and the research about the identification of own psychological type, in this way this type of knowledge doesn't stay only in the clinic and analytic context but it can be explained to more people; so it can improve the knowledge about the own Self.

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